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TRIP NOTES

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RACE ACROSS THE LAKES - ONE DAY CHALLENGE UK

Mon 01 Jul - Tue 02 Jul 2030

In aid of your choice of charity

01 Jul - 02 Jul 2030

3 DAYS | UK | TOUGH

Race across the heart of the Lake District in this action-packed one-day adventure challenge, where every decision could be the difference between victory and defeat. Set within one of Britain's most spectacular national parks, this exhilarating team-based challenge combines adventure, strategy and teamwork in an unforgettable race against the clock.

Your adventure begins with a treasure hunt through the vibrant market town of Keswick, where you'll follow clues to unlock the next stage of the challenge. From there, you'll canoe across iconic lakes, trek through spectacular Lake District scenery, build giant catapults and test your nerve on the epic Infinity Bridge. Every activity is designed to challenge your team's communication, problem-solving and determination as you compete against the clock.

Success isn't just about speed. it's about working together. Plan your route, solve problems, support one another and make smart decisions under pressure. Whether you're fundraising for charity, rewarding colleagues or simply looking for an unforgettable outdoor adventure, Race Across the Lakes is a thrilling test of teamwork from start to finish.

Please note: This is a team-based challenge and participants must enter in teams of six.

- Experience the beauty of the Lake District National Park
- Strengthen teamwork through exciting outdoor challenges
- Suitable for corporate teams, charities and groups
- Solve puzzles as you follow your chosen route
- Raise money for a fantastic cause

YOUR CHALLENGE DAY BY DAY

DAY 1 *Mon 01 Jul*

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Arrival

Your adventure begins as you arrive at your hostel accommodation in the beautiful and remote Borrowdale Valley, nestled in the heart of the Lake District National Park. Take time to settle into your surroundings before meeting your fellow competitors and race instructors.

Later this evening, you'll receive your official race briefing, learn the rules of the challenge and discover what lies ahead. With excitement building and the competition just hours away, it's time to finalise your team strategy and prepare for an unforgettable day of adventure, teamwork and friendly rivalry.

Accommodation: Shared dorm in hostel
Meals: None

DAY 2 *Tue 02 Jul*

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The Race Begins!

Fuel up with a hearty breakfast before transferring to the bustling market town of Keswick, where the starting line awaits. Every team will be accompanied by an experienced Event Leader, ensuring a safe and unforgettable adventure throughout the day. It's time to put your teamwork, strategy and determination to the test as the Race Across the Lakes officially begins.

Your route is yours to shape, with every decision influencing your journey across the spectacular Lake District National Park. Follow clues, navigate between checkpoints and take on a series of exciting outdoor challenges, including trekking through breathtaking scenery, canoeing across iconic lakes, solving team puzzles and testing your nerve on the thrilling Infinity Bridge. Communication, problem-solving and teamwork are just as important as speed as you compete for valuable points and race towards the finish line back in Borrowdale.

After an action-packed day of adventure, celebrate your achievements with your teammates and discover whether your strategy has secured victory.

Accommodation: Shared dorm in hostel
Meals: Breakfast, packed lunch, dinner

DAY 3 *Wed 03 Jul*

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Departure

After breakfast, it's time to say goodbye to the stunning Lake District National Park as your Race Across the Lakes adventure comes to an end. Take with you unforgettable memories, new friendships and the satisfaction of completing an exhilarating team challenge in one of Britain's most spectacular landscapes.

Accommodation: None
Meals: Breakfast

NB

Please note:

Charity Challenge reserve the right to make any amendments necessary to this itinerary. Precise timings during the challenge may vary depending on things such as weather, group ability etc

Please contact our sales team on info@charitychallenge.com for an exclusive quote.

Why book with Charity Challenge

- We are a multi-award winning challenge events specialist with over two decades of professional experience organising and leading challenges worldwide.
- This is a unique itinerary set in the heart of the Lake District.
- Hire of all activity equipment is included in the cost.
- The very best Leaders, who are fully qualified, highly experienced, knowledgeable and fun. They will do everything to help you complete the challenge and have a great time doing it.
- High quality route design that incorporates major landmarks and undiscovered highlights
- Thorough safety management systems in place (Challenge Safe)
- Medal at the finish

Level of Difficulty

This challenge is graded as tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, who are looking to test themselves against a variety of different adventurous activities.

Due to the nature of this challenge the precise activities that you will undertake will be determined by your choices as a team, but you can expect the activities to include trekking, canoeing, problem solving and a few other unique tests designed to push you out of your comfort zone.

Each activity will last for approximately 2 hours so you should ensure that you will are comfortable that your fitness will enable you to be active for around 8 hours of the day.

Training

This challenge is a long, sustained event of up to approx. 8-10 hours and covers a variety of terrain as well as different types of activity. You will require a good to high level of fitness and you should not underestimate the importance of training beforehand. Even if you are active and exercise regularly, it's good to adapt your training towards your chosen challenge. This is vital in building strength, cardiovascular stamina and muscle endurance for the endurance challenge ahead.

We recommend you start training as soon as your place on the challenge is confirmed. Make sure you check the distance, ascent and terrain of your challenge and create a training plan that builds up to this. Whilst you could start with short walks in your local area, it's important to build up towards walking the distance of your actual challenge and being out and active for several hours at a time. Make sure you also check the type of terrain your challenge will take place in and plan your training to include similar terrain. Whilst an hour in the gym can help, you should ideally be training in a similar environment to that of your actual challenge and for several hours at a time.

For the canoeing, no prior experience is necessary, although if you have the opportunity to go to a local canoe club then this would help. Canoeing requires good upper body strength, so if possible, doing some exercises or light weights to build your strength would be advantageous.

For challenges that involve steep terrain such as hills or mountains or even the coast, make sure you have training days that include similarly steep sections. Building up the muscles for both ascents and descents is important and can make all the difference in enjoying your final challenge. It is normal for knees to ache when building these muscles up and we would highly recommend training with walking poles to help ease the pressure on your knees. Make sure you set up your walking poles so they're a good length for you first – most outdoor stores will be able to advise on this and

there are plenty of tutorials available online.

Training with the kit you will be using on your challenge is important so you can test it out beforehand and make sure it's fit for purpose. This includes wearing in any walking boots or shoes and experimenting with the socks you wear so you don't get blisters on your challenge. Make sure you also get used to walking with a backpack with at least 2 litres of water in. It's very important to test out your waterproofs (both jacket and trousers) in the rain as there's nothing worse than finding out your waterproofs leak 2 hours into your 12 hour challenge!

A healthy balanced diet is as important as your physical training. Make sure you fuel up on energy giving carbohydrates and muscle-repairing proteins before a long training session and test out the snacks you plan to take on your challenge as you walk. Not everyone gets on with energy gels, but most people can benefit from a slow energy release banana or a quick sugar hit from a jelly baby!

We provide plenty of additional information and guidance in your personalised login area, including warm up, stretching, cardiovascular training, exercise intensity, cross training, resistance (weight) training, cool down and the hazards of over-training.

Weather

As you know, the weather in the UK can be highly unpredictable and at times erratic, so being prepared is the key! Please check the weather forecasts to ensure that you bring suitable clothing and equipment for your challenge. We recommend you come prepared for any weather, which means bringing waterproofs and warm layers even if rain isn't forecast.

For challenges taking place in the mountains, it is worth checking out the Met Office's specialist mountain weather forecast here. You can use the search function to find the summit forecast for your challenge's main mountain summit (e.g. Scafell Pike). You can also check the Mountain Weather Information Service forecast.

We will monitor the weather in the lead up to your challenge and make adjustments to the itinerary as required to ensure your challenge can take place as safely as possible. If a significant change has to be made to your challenge itinerary due to the weather, we will inform you as soon as is reasonably possible.

It is very unlikely that we will need to make significant adjustments to your challenge because of rain. Strong winds may require us to take a lower level route at times or to descend a hill or mountain early if the wind speeds become too much. Your experienced challenge leaders will manage this to ensure everyone is kept safe and their decision will be final.

In the event that lightning is forecast, we will still plan for the challenge to go ahead but will monitor the situation and make you aware of any change of plans. If there is already thunder and lightning when a challenge is due to begin, then the challenge will not begin on time. We will ask you to wait to see if the weather improves. Once we have a clear 1 hour window during which there has been no lightning/thunder AND there is also no further lightning in the forecast we would begin the challenge. If there is any thunder or lightning at any time on a hill or mountain challenge then the challenge will end and we will start to descend immediately.

For challenges taking place during a heatwave, we will ensure there is plenty of water available for you to keep your water bottles topped up or, if this isn't possible, we will advise you where you may need to carry more yourself. In extreme cases, we may need to adjust the itinerary to ensure the group can walk at a more suitable pace and have

more rest breaks.

Terrain

Despite its location in the UK, the difficulty of this challenge should not be underestimated. The terrain on this challenge varies throughout and can be rough at times, so be prepared! The path on the treks can be steep and uneven.

Group Management

This is a team challenge and you will be working in teams of 6 people. With each team will be a fully qualified 'race instructor' who will accompany your team at all times.

We employ experienced and fully qualified 'race instructors' to accompany and lead you. They are first aid qualified and have extensive experience in leading challenges throughout the UK. They will be ultimately responsible for the running of the itinerary and the safety of your team. They will be carrying full safety equipment and mountain first aid kits with them at all times. Qualified canoe instructors are also employed to guarantee that you are very well looked after at all times and have access to expert advice.

Please note that this route will not be marked by event arrows, nor is the event designed as an event for individuals to race. It is designed to be a team event, with like-minded people, all raising money for charity, supporting each other throughout the challenge.

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Challenge Timings

Please note: Precise details and timings will be made available in your Final Details that are sent out 1 month prior to the challenge.

You will need to make your way to the accommodation for 6pm on the first evening of the challenge. Here you will have the chance to check-in, have dinner and then have the full race safety briefing with the 'race instructors'.

On the challenge day you can expect an early start of around 7am and for the day to last between 8-10 hours.

Getting to and from the Challenge

This challenge starts in the remote valley of Borrowdale, situated just south of the town of Keswick. You will need to head to the YHA in Borrowdale for the start of your challenge.

The challenge then finishes back in Borrowdale.

Please note: Depending upon availability at the accommodation, or the size of the group, it may be necessary to base this challenge from a different location.

Responsible Tourism

Charity Challenge believes that all of its challenges, whether in the UK or overseas, should have a positive impact on the communities we visit. We are committed to sustainable and responsible tourism and always aim to make sure that we minimise our impact on the local environment.

You can help us to achieve this goal by:

- Adopting a policy of 'leave no trace'. You can read more about this here.
- Taking all litter off the trek with you, including fruit peels and skins.
- Using public toilets when available and taking any tissues from 'wild wees' home with you.
- Stick to the footpaths at all times and avoid walking on their edges, to help prevent erosion from spreading.
- Only using the car park(s) designated for your event, and not parking on the local streets.
- Keeping noise to a minimum when passing houses in residential areas.

- Refraining from bringing glowsticks with you on our night challenges. This prevents them from becoming litter on the mountains when they are dropped.
- Leaving rocks, plants and other natural objects as you find them. Please don't take these home with you.
- Avoid transporting and introducing invasive species by cleaning your outdoor gear regularly.
- Contributing to the local economy by paying for parking, staying an additional night in the local area or enjoying a local meal out.
- Being patient and understanding if at points you have to wait or slow down due to others being on the same path.

We ask you to think carefully about any memorial type activities you may plan for your challenge. We fully appreciate the emotional importance our challenges have for many of our participants and encourage you to mark that special moment in your own way, whilst ensuring that the natural beauty and protection of the environment you're in is maintained. Leaving photos or other memorabilia or writing on stones is contrary to the leave no trace principle. Remember: 'Take only memories, leave only footprints'.

For more details about our responsible tourism policy then please click here.

Insurance

We don't offer insurance for our UK trips, as any medical emergencies would naturally be covered through the NHS. Therefore, the main thing that you will not be covered for is cancellation. You can see our cancellation policy within our terms and conditions here. If you wish, you could look into your own policy that covers cancellation for travel within the UK.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-existing medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss these with your family doctor or specialist in advance and then discuss any advice given by them with the challenge leader.

Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Emergencies

Your leadership team is trained to deal with emergency situations in remote areas and will be carrying mobile phones and radios in case the emergency services need to be contacted. Whilst the event has a race aspect you should never be encouraged to go at a pace 'beyond your ability'. Remember, that each team needs to complete each section of the challenge together so you will need to work as a team. Should you find yourself unable to continue for any reason, then our support team, including our support vehicle, will be able to assist you coming off the challenge. Emergencies will be coordinated with the local Mountain Rescue service.

Safety

Charity Challenge considers the safety of all of our participants and staff to be a top priority, and as such we have set up 'Challenge Safe', one of the most advanced and thorough safety management systems in the industry. 'Challenge Safe' formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the challenge activity itself. Your welfare is absolutely paramount!

Here are a few important points that you should be aware of:

- The terrain on the challenge is often rocky and in wet conditions can be extremely slippery. Please make sure that your walking boots have good grip. Trainers are not appropriate, as they lack grip.
- The weather on the higher ground can be very different to down in the valleys. Please make sure you carry an additional warm layer, waterproof jacket and trousers and a hat and gloves.
- Listen to your instructor's guidance for each activity.
- Always wear the safety equipment provided to you for each of the activities.
- We employ qualified instructors for each activity. Please listen carefully to the instructions given.
- This is an all day, multi-day challenge. Ensure that you eat lots throughout the day and keep yourself hydrated by drinking lots of fluids.

Money

During the challenge, there are limited opportunities to spend any money. We would advise you should need no more than £20.00, excluding your joining and returning home travel costs.

Toilets

Toilet facilities are limited on this route. You will be made of aware of designated toilet points by your 'race instructors'.

Where public toilets are not available then toileting is available in the great outdoors! Please make sure to follow the countryside code and take all litter, including tissues and toilet paper, home with you.

Clothing & Equipment

This is a tough challenge and to give yourself the best chance of successfully completing it please make sure that you have consulted the kit list carefully and that you have all kit marked as essential. No spare kit will be provided on the

challenge.

This is a multi-activity challenge but you will not be required to change clothing during the days. You should plan to dress for a trekking challenge. Where different activities require different equipment this will be provided. More information about planning for kit will be provided in the 1 month 'Final Details' document.

Footwear
The most appropriate footwear for this challenge is a pair of lightweight walking boots or trail shoes.

Walking boots provide more ankle support than shoes and can help protect you from ankle twists and sprains. They also have much better grip than your average sports trainer. Boots generally have stiffer soles that can better protect your feet from rough and rocky terrain, providing more comfort when you're walking on uneven terrain for any length of time. In bad weather, walking boots can also keep your feet drier and warmer.

Many people prefer to wear a trail shoe instead of boots as they find that they are lighter and more comfortable. Trail shoes are fine to wear, but please make sure that they have good grip on the soles. Sports trainers are not appropriate on any of our non-urban challenges.

It is important to wear footwear that is the right fit for your particular feet. We recommend seeking advice from your local outdoor retailer and trying several different brands and models out to find the pair that you find most comfortable. Remember to check how waterproof they are.

It is particularly important that you make sure that your footwear is well worn in, that you have tested them out with suitable walking socks and that you have any blister plasters that you may need.

Waterproofs
As the weather can change quickly in the UK, it is important to make sure that you bring an appropriate waterproof jacket and waterproof trousers. Make sure you test these out before your challenge to check they can keep you dry for 10-12 hours at a time – you don't want to find out your waterproof jacket is too thin partway into your challenge!

Personal First Aid
Your leaders will carry an appropriate group first aid kit on the challenge, but it is a good idea to bring personal first aid items along for yourself. These may include blister plasters or physio tape, any personal medication and any knee or ankle supports.

If you carry an epipen, please make sure you bring two and that your leaders know where they are kept.

You will also need to consider bringing clothing and kit appropriate to the weather on the day of your challenge. Remember that the weather and temperature on the summit of a mountain or on the coastline can vary significantly from that in a valley or inland. This may mean bringing hats and gloves as well as extra layers to keep you warm. Or it may mean bringing a sunhat, suncream and extra water. On some challenges, it will mean bringing kit for all weathers!

Please be aware that because of the environment that this challenge takes place in our leaders may ask to see the vital parts of your kit. Participants found without kit marked on the kit list as essential may not be allowed to take part in the challenge.

Food & Drink

The following meals are included in the cost of this challenge:

- Breakfast on each morning of the Challenge
- A packed lunch will be available to you during the day. This usually consists of a sandwich, fruit, crisps and a snack bar.
- At each checkpoint there will be water and checkpoint snacks available. These typically include a piece of fruit, crisps and chocolate/cereal bar per person per day.
- Celebration dinner on the final evening

We advise you to bring enough bottles to ensure you have 2 litres of water on you at all times. We would encourage you to also bring some of your own preferred snacks to keep you going during the challenge.

If you have a severe allergy or dietary need, such as a severe nut allergy, please ensure you provide as much detail as possible about this when booking on the challenge (e.g. whether you need an epipen, whether it is an airborne allergy or not etc). If you have informed us of any allergies or special dietary needs as part of the challenge booking process, we will endeavour to ensure appropriate meals and checkpoint snacks are available to you. However, we would encourage you to also bring your own favourite snacks with you to ensure your energy levels stay topped up throughout the challenge. Please be aware that it may not always be possible for us to cater to special dietary or allergy needs – we will get in touch if this is the case.

Accommodation

Accommodation on the first two nights of the challenge is usually at the YHA Borrowdale where you will be sharing same-sex dormitories with shared bathrooms (it is all part of the challenge!)

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Any more questions?

Contact us:

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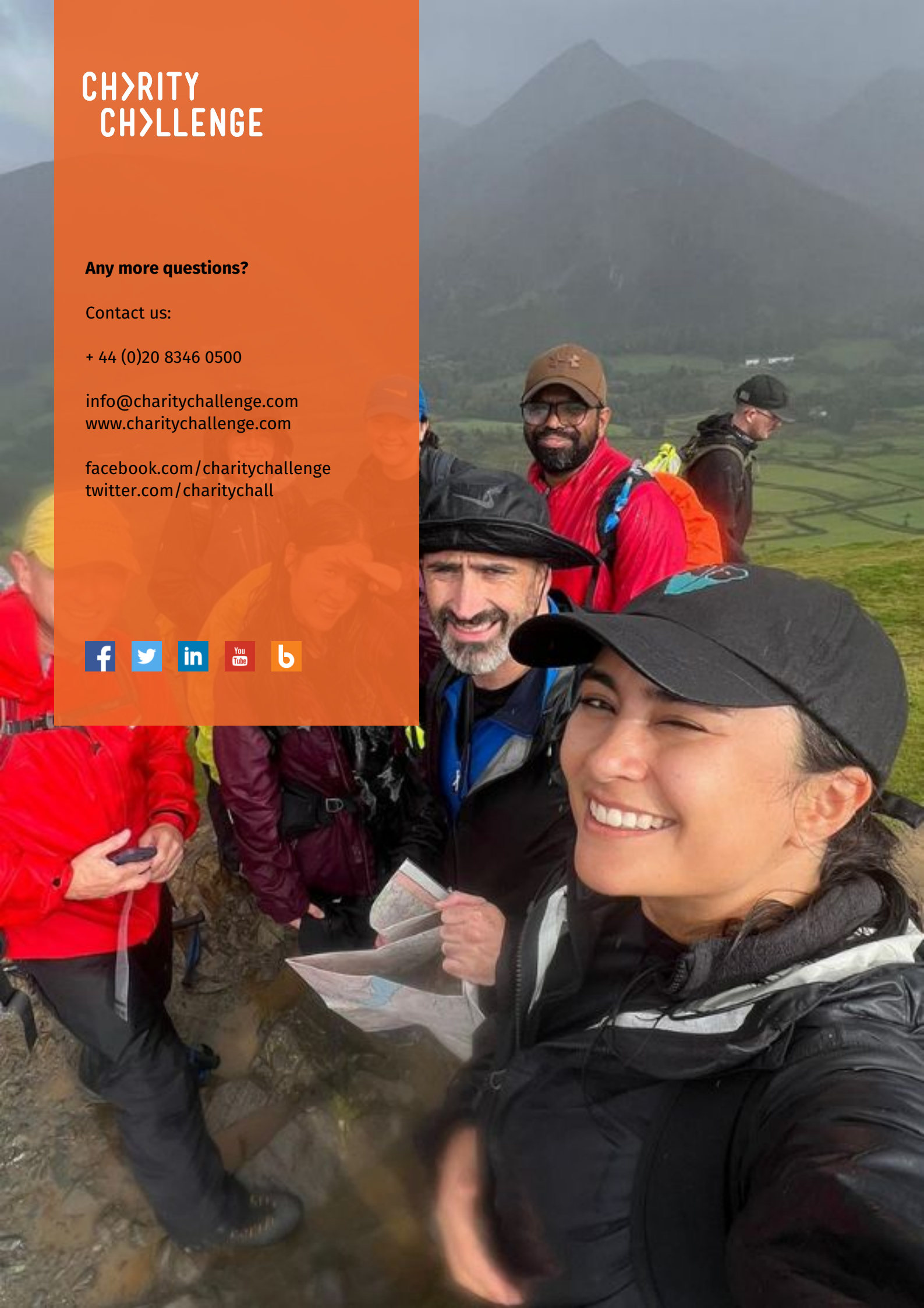
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